

SCHEDULE:	Friday, May 15	Warm Up:	4:30 - 5:20 p.m.
		Start:	5:30 p.m.
	Saturday, May 16	6-8, 9-10, 11-12	
	Sunday, May 17	Warm-up:	7:30 - 8:20 a.m.
	(a.m. sessions)	Start:	8:30 a.m.
	Saturday, May 16	13 & Over	
	(p.m. session)	Warm-up:	1:00 p.m.
		Senior Recognition:	1:45 p.m.
		Start:	2:00 p.m.
	Sunday, MAY 17	Warm-up:	12:30 p.m.
	(p.m. session)	Meet Start:	1:30 p.m.

If a morning session runs past the 1:00 pm (Sat) and 12:30 pm (Sun) warm-up time, the afternoon session warm-up will start immediately at the conclusion of the morning session and run for 50 minutes.

Snake River Swimming safety guidelines and warm-up procedures will apply. These are included with the invitation and will also be posted. NO DIVING off the starting blocks or pool during warm-ups. Racing starts will be allowed in designated sprint lanes the last 15 minutes of warm-up. Two lanes in the competition pool will be available for warm-ups during the entire course of the meet.

MEETINGS: COACHES: There will be a mandatory meeting for coaches/team representatives 15 minutes before the start of warm-ups on Friday afternoon at 4:15 p.m. and Saturday morning at 7:15 a.m. Team packets (heat sheets and relay cards) will be available at the Friday meeting.

OFFICIALS: There will be an official's meeting 45 minutes prior to the start of each session each day (Friday afternoon at 4:45 p.m., mornings at 7:45 a.m., and afternoons 45 minutes before the afternoon session start time. Please check the Boise Y website for the approximate afternoon start time.)

ENTRIES: ALL SWIMMERS MAY ENTER ONE EVENT ON FRIDAY AND 3 EVENTS PLUS 1 RELAY ON SAT AND SUN.

- Entries must include swimmer's name, age, event name and number, and the swimmer's **best long course meter time. Please do not convert.**
- "No times" (NT) will be accepted. Be sure to include coach's name, phone, and address. Coach's signature will be verification that all swimmers entered are currently registered members of USA. **DECK REGISTRATION WILL NOT BE ACCEPTED.**
- Relay only swimmers must be entered in the meet and pay the meet surcharge.
- DISK: We are unable to accept entries via 3 1/2" disk, as the new team computer does not have a floppy drive. Entries will need to be sent as described below via email. Submit team entries via the Hy-Tek TEAM MANAGER software meet entries file using the "Export" option.
- EMAIL (required): Email entries as an attachment to the following email address: MCMJS@cableone.net. We require the following files: meet entry file with individual and relay entries, the Hy-Tek software TEAM MANAGER "Meet Entry Report, including Relays" and "Meet Entry Fee Report". These reports can be generated with the TEAM MANAGER software in Microsoft Word format.
- Following the meet we will be unable to provide a disk with your results. However, the Meet Results file and Meet Manager Backup file, as well as the results will be posted on the team website: www.boiseyswimteam.org, under the tab "2009 Meet Information".

Please Note: Teams who do not have Hy-Tek's Team Manager Program may obtain free of charge HY-TEK LITE at the following URL: <http://www.hy-tek.com/downloads.html> According to the Hy-Tek website: TEAM MANAGER Lite is basically TEAM MANAGER with the following features enabled:

Standard Set-Up and Options Features

Enter Teams, Athletes, Relays, Meets and Browsers

Specifying Meet Entry Custom Times by Event or by Name

Import of Meet Events from a Hy-Tek MEET MANAGER Database

Export of Meet Entries to send to the meet host by diskette or over the internet

Meet Entry Report

This free download will allow teams to create the necessary meet entry file. We strongly encourage teams to obtain this free download if they do not currently own the Hy-Tek TEAM MANAGER software.

FEES: \$2.25 per event; \$6.00 per relay; \$7.50 surcharge (\$1.75 pool rental, \$1.25 lifeguard, \$2.75 timing equipment, and \$1.75 Snake River Swimming travel fund).

All fees must accompany entries and reach the entry address by the deadline. Do not plan on bringing the check to the meet—it must be received by the entry deadline in order for your entries to be accepted. ONE CHECK PER TEAM! Make checks payable to Boise YMCA Swim Team.

DEADLINE: Entries must be postmarked by **Friday, May 1, 2009** or received no later than 6:00 p.m. **on Monday, May 4, 2009. LATE ENTRIES WILL NOT BE ACCEPTED.**

Mail entries and entry fees to: **Cyndi Eyolfson**
3233 E. Redstone Dr., Boise, ID 83712
(208) 344-8293 **E-Mail: MCMJS@cableone.net**

Web Site information : www.Boiseyswimteam.org

Snake River teams are also required to submit the "Statement of Verification" with their entries and fees. This form is attached and can also be found on the SRS website under Meet Forms.

RULES: All age group events will be governed by current USA Swimming rules. All events will be swum as timed finals.

THIS IS A NO CARD MEET EXCEPT FOR RELAY EVENTS. ALL OTHER SWIMMERS SHOULD BE ON DECK AT THE DESIGNATED HEAT AND LANE FOR THEIR EVENTS. Relay cards will be given to coaches in their packets Friday night at the Coaches' Meeting. All relay cards must have the first and last names and ages of the swimmers, in order, written on the back of the card. Please turn in any relay scratches to the meet referee.

ALL SWIMMERS SHOULD BE ON DECK AT THE DESIGNATED HEAT AND LANE FOR THEIR EVENTS.

Both the 12 & under and 13 & Over portions of the meet will be pre-seeded, except for the 400 IM, 400 meter freestyle, 800 meter freestyle and 1500 meter freestyles.

11 & Over individual events will be scored and awarded 11-12, 13-14, and 15 & Over. 13 & Over individual events will be scored, and awarded 13-14 and 15 & Over. 13 & Over Relay events will be scored and awarded as 13 and Over.

Events for ages 13 & Over and/or 15 & Over will include both Masters and USA Swimming members, seeded together according to entered times. Scoring for 15 and Over events will be only for USA swimming members. There is no scoring for Masters swimmers and Masters swimmers are not eligible for relays.

The 400 IM, 400 Meter Freestyle, 800 Meter Freestyle and 1500 Meter Freestyle will be deck seeded.

The 800 Meter Freestyle is **limited to three heats each men and women** (6 total heats). Swimmers slower than the fastest 24 women and fastest 24 men will be contacted. Every effort will be made to contact the swimmer's coach(es) no later than Wednesday, May 6, 2009. Refunds will be given (please request at the computer table) to those swimmers who do not make it into the fastest 24 swimmers' heats. **A psych sheet for the 800 Meter freestyle will be posted on the Boise YMCA Swim Team website (www.boiseyswimteam.org) as soon as it is available, showing which swimmers are entered into the event.** Swimmers entered in the 800 Meter Freestyle must check-in at the computer table no later than 5:15 p.m. Friday afternoon in order to be seeded.

The 1500 Meter Freestyle is **limited to two heats each men and women** (4 total heats). Swimmers slower than the fastest 16 women and fastest 16 men will be contacted. Every effort will be made to contact the swimmer's coach(es) no later than Wednesday, May 6, 2009. Refunds will be given (please request at the computer table) to those swimmers who do not make it into the fastest 16 swimmers' heats. **A psych sheet for the 1500 Meter freestyle will be posted on the Boise YMCA Swim Team website (www.boiseyswimteam.org) as soon as it is available, showing which swimmers are entered into the event.** Swimmers entered in the 1500 Meter Freestyle must check-in at the computer table no later than 5:30 p.m. Friday afternoon in order to be seeded.

The 400 IM and 400 Freestyle swimmers must check in at the computer table no later than 15 minutes after the start of their respective sessions for events 61 & 62 Saturday afternoon, events 91 & 92 Sunday morning, and events 123 & 124 Sunday afternoon in order to be seeded.

The 400 IM, 400 Meter Freestyle, 800 Meter Freestyle and 1500 Meter Freestyle events will be seeded fastest to slowest. At the Meet Referee's discretion, events may be combined by age, gender, distance, and/or stroke provided there is at least one empty lane between such combined events.

200 Meter Relays--Due to the depth of the pool at the shallow end, swimmers in the 2nd and 4th leg of the relay will start from in the water.

SCORING: Individual Events: 11-9-8-7-6-5-4-3-2-1 Relays: 22-18-16-14-12-10-8-6-4-2

AWARDS: Individual Events: Medals: 1st--8th Ribbons: 9th to 16th
Relay Events: Ribbons: 1st - 4th

Each meet participant will receive a participant award

TIME TRIALS: Time trials will be offered at the end of day both Saturday and Sunday, afternoon sessions only. Time trials will be limited to those events no greater than 400 meters in distance. Each trial swim will count as one (1) event toward the daily limit, with a combination of time trials and meet events not to exceed three (3) individual events per day. Sign-ups for time trials each day will close approximately one hour before the conclusion of that day's events. Time Trials sign-ups must be accompanied with a \$3.00 fee. Swimmers must be entered in the meet and must have paid the meet surcharge in order to swim in time trials. Sign up for Time Trials will be at the computer table.

HEAT SHEETS: Heat sheets will be available for \$6.00. Heat sheets will also be posted. Results will not be mailed but are available as noted below.

RESULTS: **Realtime Results will be available online at the Boise YMCA Swim Team website: www.boiseyswimteam.org.** Follow the link to the results file. Complete Meet Results, Meet Results File, and meet backup will available at the Boise YMCA Swim Team website: www.boiseyswimteam.org after conclusion of the meet. Daily results will be posted as soon as possible following the completion of each session.

MISC: **THERE WILL BE A SIGN-UP SHEET FOR TIMING SHIFTS FOR ALL TEAMS UNDERNEATH THE SCOREBOARD. TEAMS WILL BE EXPECTED TO SIGN-UP BEFORE THE MEET BEGINS.** A schedule of assigned lanes will be posted and listed in the heat sheet. The visiting teams' timing lane

assignments will be included in the heat sheet and posted on the team web site:
www.boiseyswimteam.org.

Friday 800 Meter Freestyle and 1500 Meter Freestyle swimmers must provide their own counters and timers. Saturday 400 IM swimmers and Sunday 400 Meter Freestyle swimmers must provide their own timers.

Swimmers are asked to use the Aquatic Dressing Rooms only. Day passes for the YMCA facility will be available for purchase by visiting teams and families.

CONCESSIONS: **Concessions will be available all day Saturday and Sunday.** No food will be allowed on deck. All food will be confined to the bleacher and concession areas. Coolers will be allowed in the bleacher area only.

VENDORS: Fine Designs, JD Pence or other aquatic supply vendor

HOSPITALITY: A hospitality room will be provided for coaches and officials.

HOUSING: **Special Rates Available for 2009 Spring Fling Invitational**

Courtyard by Marriott: 331-2700

Hilton Garden Inn Boise-Eagle: 938-9600

Springhill Suites: 939-8266

Cambria Suites: 208-914-2052

Fairfield Inn: 208-914-2052

Hampton Inn: 208-914-2052

Holiday Inn Express: 208-914-2052

**BOISE YMCA SPRING FLING
LONG COURSE INVITATIONAL
ORDER OF EVENTS**

Friday, May 15, 2009
Warm-Ups - 4:30 - 5:20 p.m. Start - 5:30 p.m.

Girls		Event		Boys
1	11 & O	800 Meter Freestyle	11 & O	2
3	11 & O	1500 Meter Freestyle	11 & O	4

800 & 1500 Freestyle swimmers must provide their own counters and timers.

Saturday, Morning - May 16, 2009
Warm-Ups - 7:30 - 8:20 a.m. Start - 8:30 a.m.

Girls		Event		Boys
5	6-8	100 Meter Freestyle	6-8	6
7	9-10	100 Meter Freestyle	9-10	8
9	11-12	100 Meter Freestyle	11-12	10
11	6-10	200 Meter Medley Relay	6-10	12
13	12-UN	200 Meter Medley Relay	12-UN	14
15	9-10	100 Meter Backstroke	9-10	16
17	11-12	100 Meter Backstroke	11-12	18
19	6-8	50 Meter Breaststroke	6-8	20
21	9-10	50 Meter Breaststroke	9-10	22
23	11-12	50 Meter Breaststroke	11-12	24
25	6-8	50 Meter Butterfly	6-8	26
27	9-10	50 Meter Butterfly	9-10	28
29	11-12	50 Meter Butterfly	11-12	30
31	9-10	200 Meter Freestyle	9-10	32
33	11-12	200 Meter Freestyle	11-12	34

Saturday Afternoon, May 16, 2009
Warm-Ups – 1:00 - 1:50 p.m. Start – 2:00 p.m

Girls		Event		Boys
35	13 & O	200 Meter Medley Relay	13 & O	36
37	13-14	100 Meter Breaststroke	13-14	38
39	15 & O	100 Meter Breaststroke	15 & O	40
41	13-14	50 Meter Freestyle	13-14	42
43	15 & O	50 Meter Freestyle	15 & O	44
45	13-14	200 Meter Butterfly	13-14	46
47	15 & O	200 Meter Butterfly	15 & O	48
49	13-14	100 Meter Backstroke	13-14	50
51	15 & O	100 Meter Backstroke	15 & O	52
53	13-14	200 Meter Freestyle	13-14	54
55	15 & O	200 Meter Freestyle	15 & O	56
57	13-14	50 Meter Butterfly	13-14	58
59	15 & O	50 Meter Butterfly	15 & O	60
61	13 & O	400 Meter Ind. Medley	13 & O	62

Saturday 400 IM swimmers must provide their own timers.

**BOISE YMCA SPRING FLING
LONG COURSE INVITATIONAL
ORDER OF EVENTS**

Sunday, May 17, 2009

Warm-Ups - 7:30 - 8:20 a.m. Start - 8:30 a.m.

<u>Girls</u>		<u>Event</u>		<u>Boys</u>
63	6-8	50 Meter Freestyle	6-8	64
65	9-10	50 Meter Freestyle	9-10	66
67	11-12	50 Meter Freestyle	11-12	68
69	6-10	200 Meter Freestyle Relay	6-10	70
71	12-UN	200 Meter Freestyle Relay	12-UN	72
73	9-10	100 Meter Breaststroke	9-10	74
75	11-12	100 Meter Breaststroke	11-12	76
77	9-10	200 Meter Individual Medley	9-10	78
79	11-12	200 Meter Individual Medley	11-12	80
81	6-8	50 Meter Backstroke	6-8	82
83	9-10	50 Meter Backstroke	9-10	84
85	11-12	50 Meter Backstroke	11-12	86
87	9-10	100 Meter Butterfly	9-10	88
89	11-12	100 Meter Butterfly	11-12	90
91	11-12	400 Meter Freestyle	11-12	92

Sunday 400 Freestyle swimmers must provide their own timers.

Sunday Afternoon, May 17, 2009

Warm-Ups - 12:30 - 1:20 p.m. Start - 1:30 p.m.

<u>Girls</u>		<u>Event</u>		<u>Boys</u>
93	13 & O	200 Meter Freestyle Relay	13 & O	94
95	13-14	50 Meter Backstroke	13-14	96
97	15 & O	50 Meter Backstroke	15 & O	98
99	13-14	200 Meter Breaststroke	13-14	100
101	15 & O	200 Meter Breaststroke	15 & O	102
103	13-14	100 Meter Freestyle	13-14	104
105	15 & O	100 Meter Freestyle	15 & O	106
107	13-14	200 Meter Backstroke	13-14	108
109	15 & O	200 Meter Backstroke	15 & O	110
111	13-14	100 Meter Butterfly	13-14	112
113	15 & O	100 Meter Butterfly	15 & O	114
115	13-14	200 Meter Ind. Medley	13-14	116
117	15 & O	200 Meter Ind. Medley	15 & O	118
119	13-14	50 Meter Breaststroke	13-14	120
121	15 & O	50 Meter Breaststroke	15 & O	122
123	13 & O	400 Meter Freestyle	13 & O	124

Sunday 400 Freestyle swimmers must provide their own timers.

Statement of Verification

I, _____, as coach/team representative of
_____(name of team). Verify that all swimmers entering
_____(name of meet) are registered swimmers with USA
Swimming. This form must accompany the meet entry.

(Signature)

Penalty for Non-Registration of Swimmers effective January 1, 1998

The Registration Chairman will verify that all swimmers competing in a meet are registered with USA Swimming as Athlete Members no later than four days prior to the meet start date. The swimmer's date of registration must be on or before the meet entry due date listed in the meet invitation. The date of registration for a swimmer is determined by (a) the postmark on the envelope bearing the registration form and fees or (b) the date the form and fees are hand-delivered to the Registration Chairman. A signed verification form must accompany each team and unattached swim meet entry, regardless of method of submission (disk, electronic, hard copy, or phone).

In accordance with USA Rule 302.4 False Registration, the LSC will fine a team \$25 (plus the cost of the athlete's registration) for each swimmer entering a meet when that swimmer is not properly registered as a USA Swimming registered athlete. The fee for unattached, improperly registered swimmers will be assessed to the swimmer.

The fine and registration fees must be paid to the Registration Chairman before the swimmer may swim in the meet. In the absence of the Registration Chairman at a meet where a fine and registration fees must be paid, the fine, form, and fees are to be submitted to the Meet Referee, who will mail or hand-deliver them to the Registration Chairman. Fines will be deposited in the General Fund of Snake River Swimming.

In the event that verification cannot be completed prior to a meet, and unregistered swimmers are found to have been entered in a meet, the \$25 fine will still be imposed. The fine, fees, and registration form must be submitted to the Registration Chairman no later than the first day of the swimmer's next competition, or the swimmer will not be permitted to swim in that meet.